CHAPTER **9**

The Future of Physical Education: Problems and Barriers to Overcome

Questions

- **With the popularity of sport and fitness, why do you think physical education isn’t as highly valued?**
- **Discuss two or three things that physical education does well.**
- **Discuss two or three things that physical education does not do well.**

Objectives

- **Summarize policies and programs that support physical education.**
- **Describe challenges and critical issues facing physical education.**
- **Discuss how physical education can evolve to meet the needs of today’s students.**

Improving Physical Education

- **Necessary conditions for successful physical education programs created through strong and supportive policies**
- **Local, state, and federal policies and laws**
- **Response to increased youth health risks**
- **Support from national organizations and government agencies**
  - **Public health and exercise science**
  - **Medical associations**
  - **Federal government (e.g., USDHHS, CDC)**

Current State of Physical Education: Policy

- **SHAPE America's *State of the Nation* 2016 report: Context for quality physical education**
- **Minutes per week**
- **Graduation requirements**
- **Substitutions, exemptions, and waivers**
- **Assessment of student outcomes**
- **Certification and professional development of teachers**

What Makes a Strong Policy?

- **Specific in the language that defines implementation**
- **Specific in the guidelines about oversight**
- **Funding to support its implementation**
- **Requirements for reporting on its implementation**
- **Consequences for failing to adhere to the policy in due time**

Politics in Physical Education

- **Who makes the policy can influence the intentions.**
  - **Supporting physical education**
  - **Weakening physical education**
- **Local administration sets local policies.**
- **State and federal policies or laws**
  - **Americans With Disabilities Act**
  - **No Child Left Behind Act (NCLB)**
  - **Every Student Succeeds Act (ESSA)**

Assessment and Accountability

- **Is a policy effective without assessment and accountability?**
- **Without student outcome data, how can we be confident that learning has occurred?**
- **Assessment is necessary for improving instruction and not just grading.**

Current Trends in State-Level Requirements

- **Most states require physical education; not all outline how much.**
- **Over 50% of states allow students to substitute other activities.**
- **There is little accountability for student learning or grading.**
- **About 25% of states require reporting of fitness scores.**

Consequences of Ineffective or a Lack of Policies

- Lack of adequate time for physical education
- Class sizes are often higher than in other academic subjects
- Allowing of substitutions, waivers, or exemptions
- Use of physical activity (or withholding) as a punishment
- Equity in access to facilities
- Skill equity and effective/appropriate use of competition

Issues in Elementary Physical Education

- **Students that do not develop skill proficiency are at a disadvantage throughout life span**
- **Sufficient time spent to develop knowledge and skills**
- **Developmentally appropriate activities**
- **Teacher training, certification, and development—not all physical education is taught by specialists**

Issues in Secondary Physical Education

- **Inconsistent application of curricular models; few secondary schools adopt a specific model, so teachers have lots of autonomy (“I can do whatever and however I want”)**

- **Overlap with athletics**
  - **Facility access often perceived as limited beyond physical education**
  - **Coaching rather than teaching**
  - **Develop the few at the expense of the many (bias toward high-skilled students)**

Future of Physical Education

- **Support for more high-quality physical education programs**
  - **Reduced risk of childhood disease**
  - **Whole-school approaches to increase physical activity**
  - **Increased emphasis on fitness and health**
- **Increase opportunities to earn scholarships or contracts**
- **Physical education = athlete development**
- **So why is physical education not more effective? Do other areas do it better (e.g., club sports or**

How to Build the Future

- **Innovation and engagement are vital; focus on meeting the needs of current generation of students.**
- **Collaborate with community partners to integrate physical activity in and around the school day.**
- **Adopt evidence-based and effective curricular models.**
- **Teachers engaging in Continuous Professional Development (CPD) is essential.**

Activity

- **Split into two groups, and discuss**
  - **Team A = For increasing and expanding physical education**
  - **Team B = For reducing school-based physical education in favor of private or public community programs**
- **With a partner, discuss your position on substitutions/ waivers for physical education.**
- **What is one policy you would implement to strengthen physical education? Why?**

Summary

- **Policies that support or weaken physical education range across levels.**
- **Challenges exist to delivering quality physical education.**
- **Physical education needs to innovate to be effective in the 21st century.**
- **Tasks/Assignments:**
- **Next Class:**